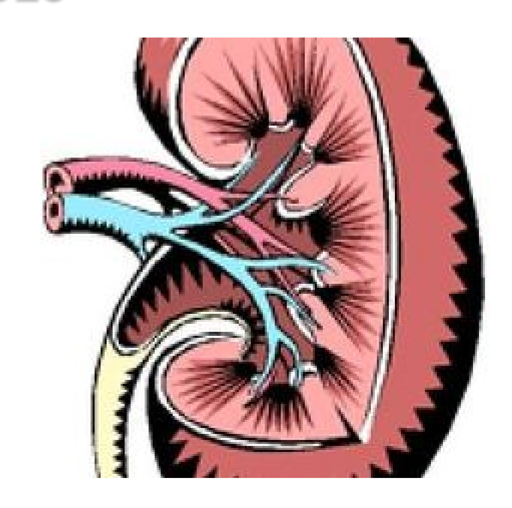
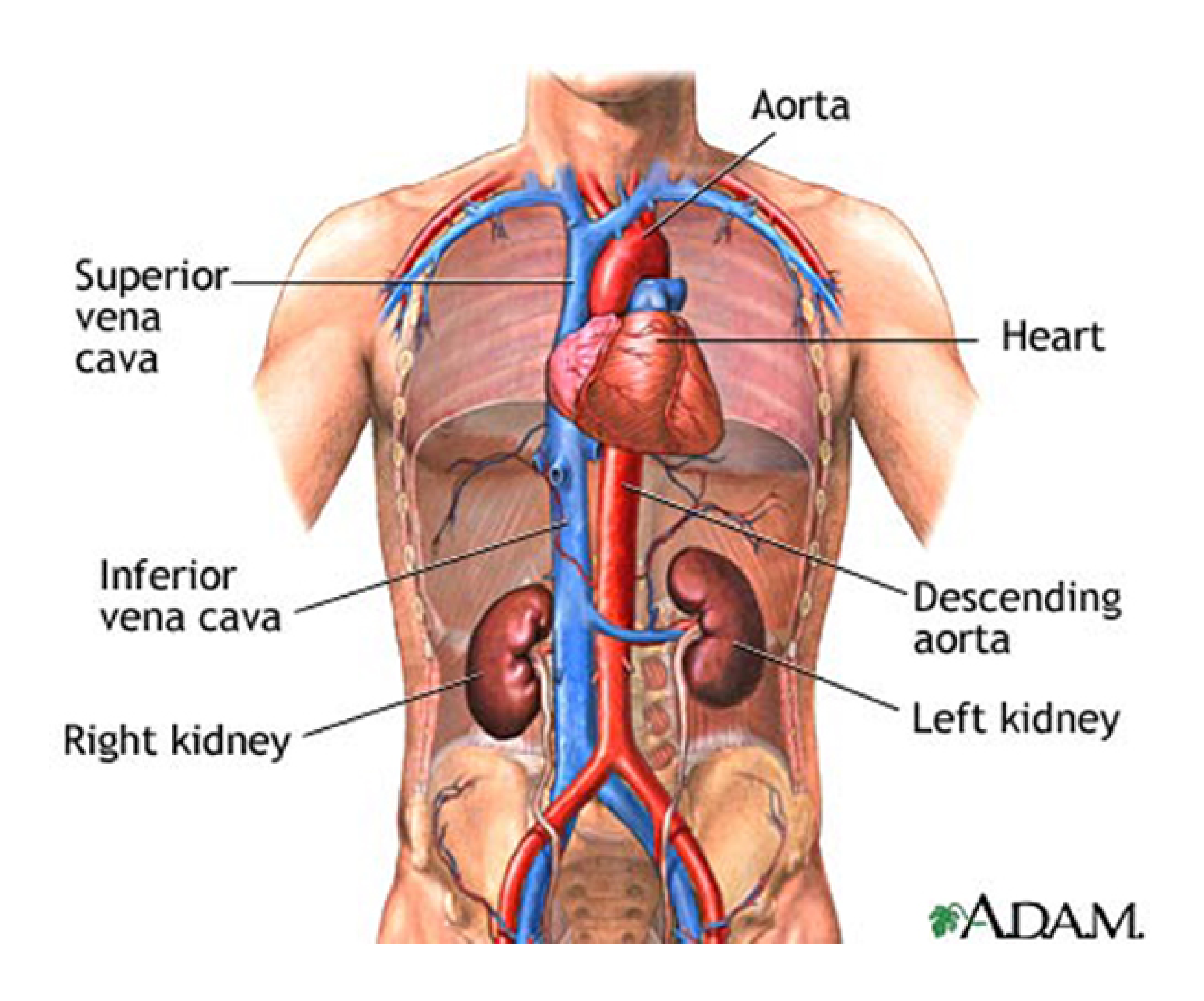
Dr. Sultan Mahmood, *Post-Doc, PhD, MSc, DPH*
on behalf of Pakistab Tibbi Conference, Qarshi Industries, Lahore on 12 September 2011

First DietCare Research Center
109-C/1, Nespak Colony, College Road, Lahore
Cell: 0321.430.2528



Dietary Approach to Healthy Renal Function

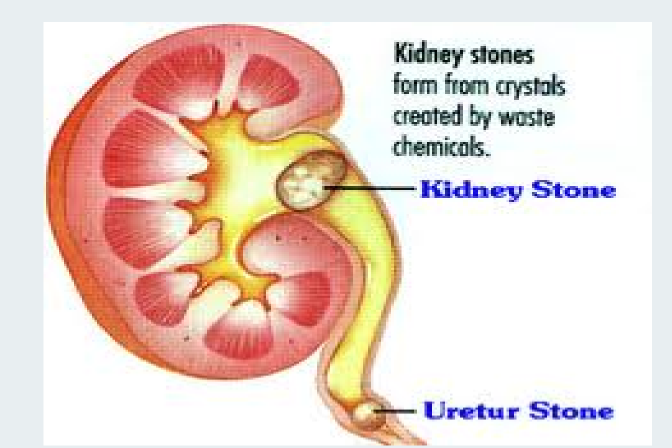
Standard Renal Function



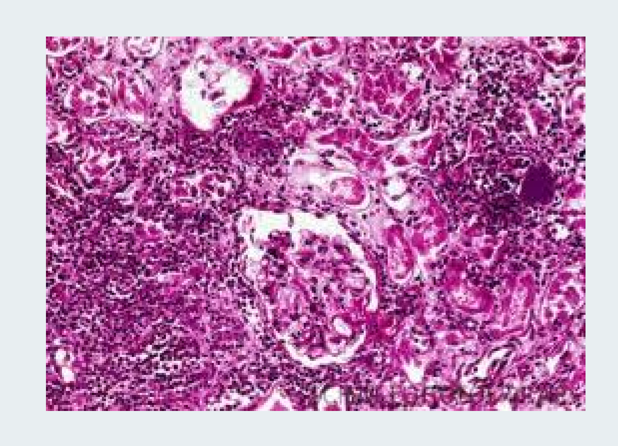
Types of Kidney Diseases

Various Renal Diseases and Disorders


Kidney Stone



Kidney Infection



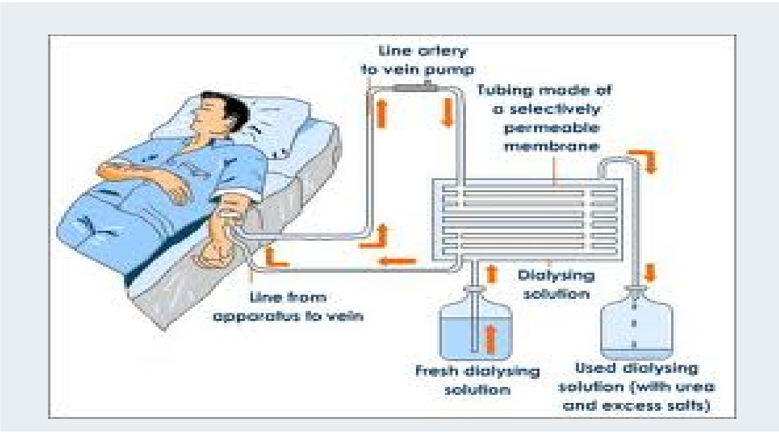
Kidney Tumor



Polycystic Kidney



Types of Kidney Diseases

<table>
<tr><th colspan="2">Various Renal Diseases and Disorders</th></tr>
<tr><td>Kidney Cancer</td><td>Kidney Failure</td></tr>
<tr><td></td><td></td></tr>
<tr><td>Kidney Dialysis</td><td>Kidney Operation</td></tr>
<tr><td>
</td><td></td></tr>
</table>

Impact of Diabetes on CKD

- Lowering blood glucose reduced risk of:
  - Eye disease by 76%
  - Kidney disease by 50%
  - Nerve disease by 60%

Reference: *DCCT Group. New England Journal of Medicine, 329(14), September 30, 1993.*



Time Between Treatment and Death

- Patients who saw a kidney doctor less than 4 months before needing dialysis had a 60% higher risk of death than those who seen at least a year earlier
  - Those with diabetes or hypertension were 2 times as likely to die

Kinchen, K. S. et. al. Ann Intern Med 2002;137:479-486

Diabetes Prevention Program

Lifestyle intervention

Healthy low-calorie, low-fat diet

30 minutes of physical activity, 5 days a week

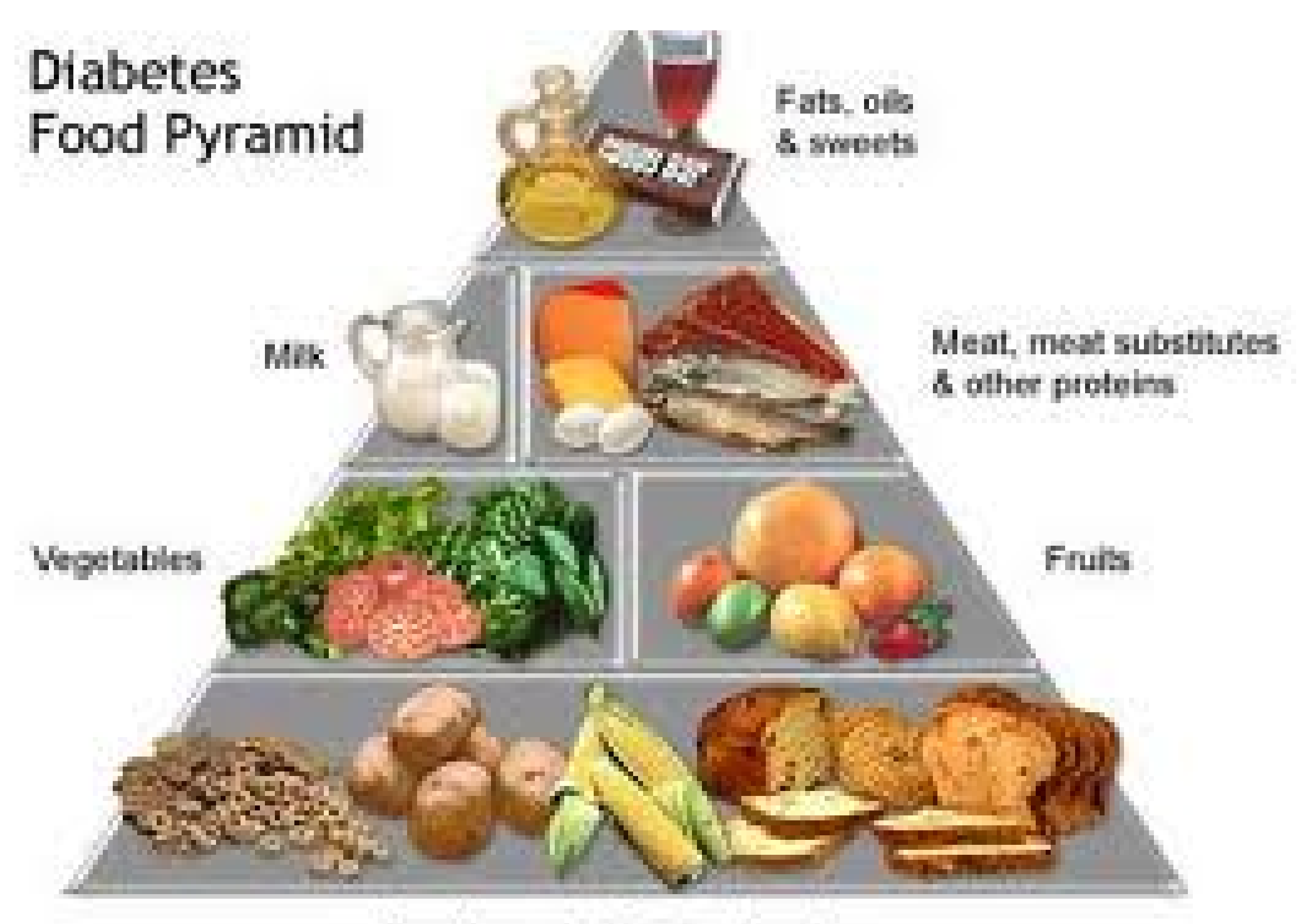
5% to 7% weight reduction

Metformin

Oral diabetes drug

Reference: *DPP Research Group. N Engl J Med 2002, Vol.346, No. 6*.

Healthy Renal Diet Plan



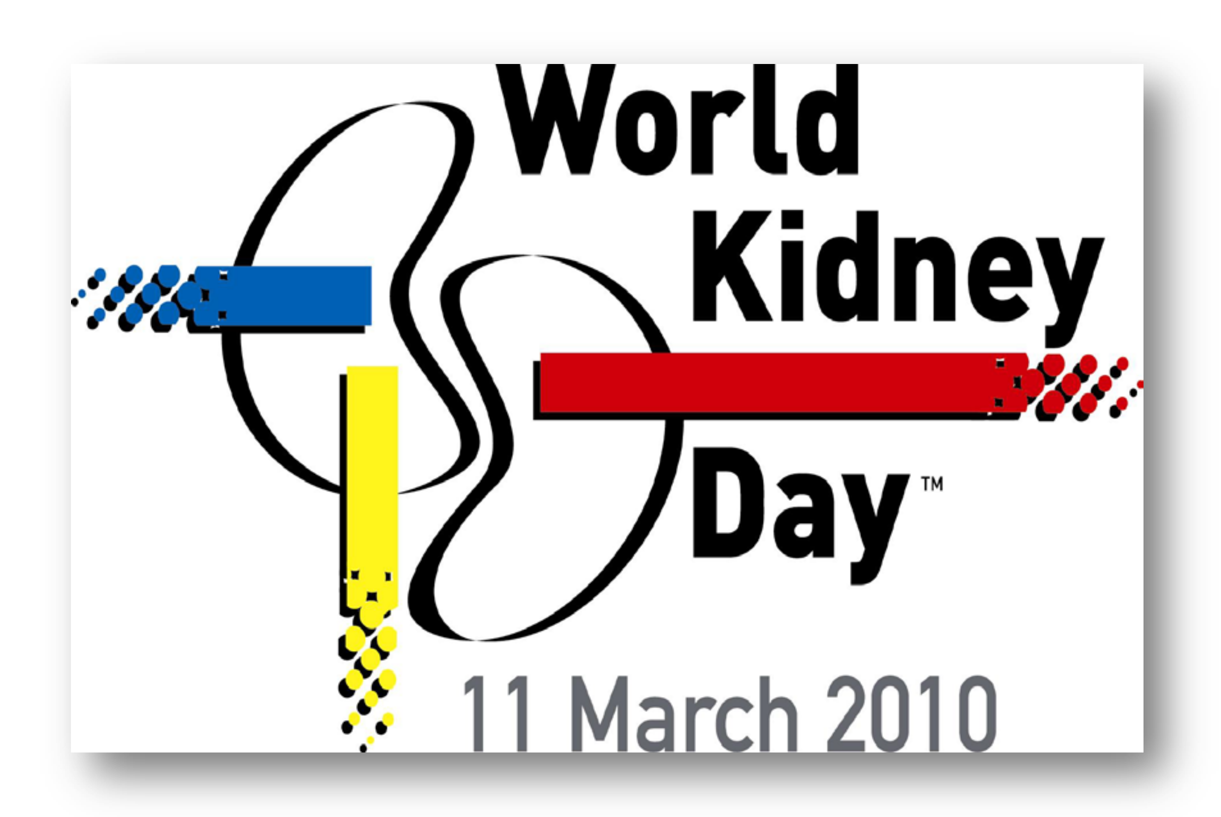
Renal Friendly Super Foods

Eat Plenty



Renal Friendly Foods

Food	Benefit
Red bell pepper	Low in K; has lycopene
Cabbage	Low in K; has phyto-chemicals
Cauliflower	Good Vitamin C
Garlic	Anti-clotting; Anti-inflammatory
Onion	Quercetin – a powerful antioxidant
Apple	Anti-inflammatory; Anti-cholesterol
Cranberry	Acidic, so anti-bacterial
Blueberry	Anti-oxidant anthocyanidins; Vit C
Raspberry	Ellagic acid, neutralize free radicals
Strawberry	Two anti-oxidants; Vitamin C
Cherry	Reduce inflammation
Red grapes	Resveratrol, boost nitric oxide
Egg white	All essential amino acids
Fish	Anti-inflammatory fats omega-3s
Olive oil	Polyphenols and antioxidant


World
Kidney
Day™
11 March 2010

Recommendations

- Diet, quitting smoking, and exercise
- Eat a well-balanced meal plan
- Increase water intake but reduce Protein, Sodium, Cholesterol and Glucose but Quit Smoking.
- Cut back on salt and high sodium foods
- Limit your protein if your doctor tells
- Limit potassium and phosphorus
- Limit supplements and drugs that are hard on kidneys
- Watch out for injected dyes used in X-rays